


# Nutrient Chart for Vegetarians



Nutrient	Foods High in Nutrient	Tips 
<b>Vitamin B<sub>12</sub></b>	Dairy, eggs, nutritional yeast, fortified soy milk, & fortified cereals	If these foods are not included daily, check labels to ensure food items have been <u>fortified with B<sub>12</sub></u> or <u>consider a supplement</u> .
<b>Iron</b>	Kale, spinach, beans, lentils and fortified breads/cereal	Iron is <u>absorbed better</u> when consumed with a food that has high vitamin C.
<b>Calcium</b>	Milk, cheese, yogurt, bok choy, broccoli, cabbage, almonds, soybeans, kale, calcium fortified soy milk & calcium set tofu	Foods high in oxalate like spinach and swiss chard <u>lower calcium</u> . And if a vegan diet is followed, assure calcium needs are met through healthy substitutions.
<b>Vitamin D</b>	Milk, fortified orange juice & eggs	Sunlight is the ultimate way to get vitamin D, but <u>Montana is not the best place for sunlight</u> particularly in the winter. Ask your health care provider about vitamin D supplements.
<b>Zinc</b>	White beans, kidney beans, chickpeas, wheat germ, pumpkin seeds & some fortified cereals	Multivitamins can be a good choice to support a nutritious diet. <u>Multivitamins are not all equal</u> . Check the label to ensure it has what you need.

